

# Texas Psychiatrist

## Thank You for Your Support

Linda J. Rhodes, MD, Chairman, Texas Foundation for Psychiatric Education and Research

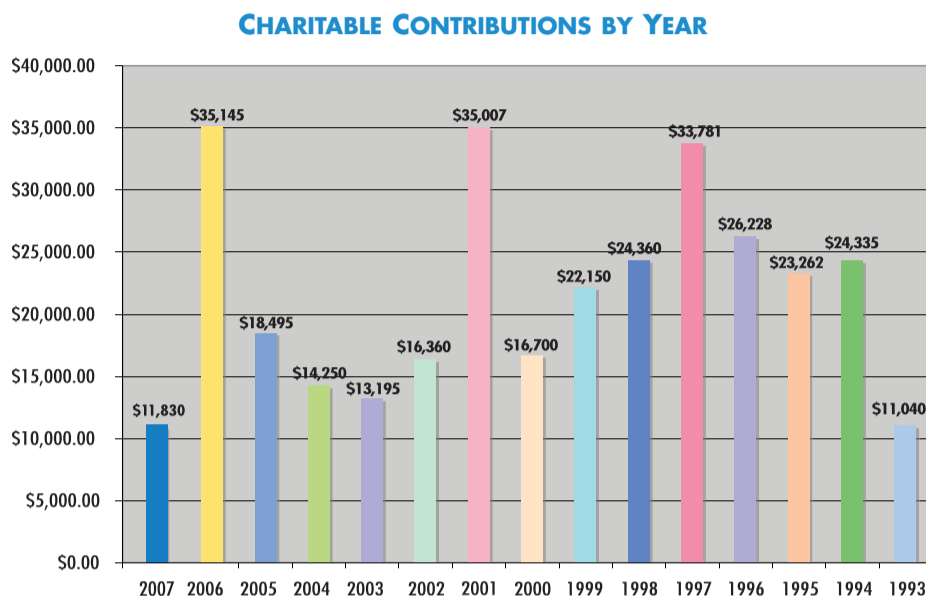
The Texas Foundation for Psychiatric Education and Research concluded Annual Campaign 2007 on December 31 with excellent results...thanks to the generous financial support of Texas Psychiatry, advocates and friends. Annual Campaign 2007 received \$11,830 in charitable contributions, increasing the Foundation's total charitable contributions received since 1993 to \$326,139.

TSPP members have accounted for about 55% of donations since the Foundation began receiving contributions in 1993:

- TSPP Members - 55.6%
- Academy Members - 0.3%
- Individuals - 12.1%
- Business - 15.1%
- Foundations - 13.3%
- Organizations - 3.6%

The geographic distribution of contributions to the Foundation has been diverse:

- Houston - 21.5%
- Southeast Texas - 3.8%
- East Texas - 4.6%
- North Texas - 14.8%
- Heart of Texas - 0.7%
- Austin - 22.1%
- Bexar County - 14.5%
- West Texas - 5.7%
- South Texas - 0.1%
- El Paso - 2.9%



Linda J. Rhodes, MD

- Tarrant - 3.4%
- Brazos Valley - 0.0%
- Corpus Christi - 0.4%
- Red River - 0.0%
- Victoria - 0.2%
- Lone Star - 0.7%
- Galveston-Brazoria - 0.7%
- Panhandle - 0.5%
- Out of State - 3.4%

To help recognize the participation of individuals, corporations, organizations and foundations who support the Foundation, the Foundation has established Donor Recognition Designations, as follows:

**Chairman's Club:** Honors and recognizes friends of the Foundation who contribute or pledge a cumulative sum of \$10,000 or more.

**Founder's Circle:** Honors and recognizes donors who contributed a cumulative sum of \$2,500 or more during the first five Annual Campaigns.

**Club 2000:** To help launch the Foundation into the 21st Century, the Foundation recognized donors who contributed at least \$2,000 from 1999 through 2003.

**Foundation Associates:** Recognizes friends who donate \$500 or more during an Annual Campaign.

**Foundation Advocates:** Recognizes contributors who donate \$100 or more during an Annual Campaign.

The Foundation proudly acknowledges the following donors for their support of the Foundation through 2007:

### CHAIRMAN'S CLUB

- Anonymous
- Dr. and Mrs. Alex K. Munson
- Linnie Pierce Trust
- Linda J. Rhodes, MD

### FOUNDER'S CIRCLE

- Abbott Laboratories
- Bennett, MD, Robert D.
- Bowden Massey Foundation
- Bristol-Myers Squibb Co.
- Burguieres, Philip J.
- Bush, John R.
- Eli Lilly & Co.
- Glaxo Wellcome Cerenex
- Grossman, Burton E.
- Goodrich Memorial Trust
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- Janssen Pharmaceutica
- Marks, MD, Shirley F.
- Munson, Dr. and Mrs. Alex K.
- Peel, Deborah and Larry Pfizer, Inc.
- Reilly, Dr. and Mrs. Edward
- Rhodes, MD, Linda J.
- Stubblefield, Dr. and Mrs. Robert
- Tripp, Dr. and Mrs. Larry

- Texas Society of Psychiatric Administrators
- TSPP Auxiliary
- Whitley, MD, Agnes V.
- Wick, Dr. and Mrs. Paul
- Wyeth-Ayerst

### CLUB 2000

- Abbott Laboratories
- Ash, Margarita
- Bowden, MD, Dr. & Mrs. Charles
- Bush, John R.
- Cimmarron Foundation
- Feaster, Miriam and Keith
- Hamilton, Tom and Carolyn
- Jameson, MD, Grace K.
- Linnie Pierce Fund
- Munson, Dr. and Mrs. Alex
- Reilly, Dr. and Mrs. Edward
- Rhodes, MD, Linda J.
- Stubblefield, Mrs. Robert L.
- Tripp, Dr. and Mrs. Larry
- TSPP Auxiliary Wick, Dr. And Mrs. Paul

### FOUNDATION ASSOCIATES- 2007

- Bayou Fund (07)
- Stephen K. Brannan, MD (06,07)
- Bush, John R. (93,94,95,96,97,98,99,00,01,02,03,04,05,06,07)
- Rhodes, MD, Linda J. (93,94,95,96,97,98,99,00,01,02,03,04,05,06,07)
- Salmon, MD, Watt T. (94,97,98,02,03,05,07)
- Tripp, MD, Larry E. (93,94,95,96,97,98,99,00,01,02,03,04,05,06,07)
- Wick, Dr & Mrs Paul (93,94,95,96,97,98,99,00,01,02,03,04,05,06,07)

### FOUNDATION ADVOCATES - 2007

- Adkins, Jr., MD, Charles (96,97,98,99,00,01,03,05,07)
- Altshuler, MD, Kenneth Z. (06,07)
- Baskin, MD, Dr. & Mrs. T. Grady (93,94,95,96,97,98,99,00,01,02,03,04,05,06)
- Bayles, MD Spencer (97,00,01,02,03,05,07)
- Briones, Dr. & Mrs. David (93,94,96,97,98,99,00,02,03,04,05,06,07)
- Cody, MD, V. Frank (07)
- Cox, Jr., MD, Virgil M. (01,03,06,07)
- Davis, MD, Harry K. (93,95,96,97,98,99,00,01,02,03,04,05,06,07)
- Durgham, MD, Suresh (00,01,04,05,06,07)
- Eisenhauer, Gail, MD (03,04,05,06,07)
- Etter, MD, Gary L. (93,94,99,00,01,02,03,04,05,06,07)
- Farley, Dr & Mrs Auther J. (93,94,95,96,97,98,99,00,01,02,03,04,05,06,07)
- Fenton, MD, Barry J. (94,95,07)
- Furber, MD, Edward (94,95,99,01,02,03,04,05,06,07)
- Gaitz, MD, Charles M. (93,94,95,96,97,98,99,00,01,02,03,04,05,06,07)
- Goff, MD, Wayne (00,05,07)
- Hornsby, MD, Lawrence G. (07)
- Jameson, MD, Grace K. (93,94,95,96,97,98,99,00,01,02,03,04,05,06,07)

- Jones, MD, Alison (01,02,03,04,05,06,07)
- Kane, MD, Judith (00,01,03,06,07)
- Kelly, MD, Marie T. (05,06,07)
- Khushalani Foundation (02,03,04,06,07)
- Klaas, Priscilla Sierk, DO (03,04,05,06,07)
- Kowalski, MD, Debra A. (06,07)
- Leatherman, MD, Martha E. (97,01,04,06,07)
- Leon, Dr. & Mrs. Robert (93,94,95,96,97,98,99,00,01,02,03,04,05,06,07)
- Levine, MD, Matthew E. (03,04,05,06,07)
- Lewis, MD, Jerry M. (94,95,97,98,99,00,01,02,03,05,06,07)
- Marks, MD, Shirley F. (93,94,95,96,00,01,02,04,05,06,07)
- McGregor, MD, Jacqueline (06,07)
- Megowen, MD, Gretchen L. (94,96,97,98,99,00,07)
- Melnick, MD, Matilda Benyesh (98,99,00,01,02,03,04,05,06,07)
- Mernin, MD, George P. (93,94,95,96,97,98,99,00,01,02,03,04,05,06,07)
- Mirabi, MD, Mohsen (94,97,98,99,00,02,03,04,05,07)
- Munson, Dr & Mrs Alex (93,95,96,97,98,99,00,01,02,03,04,05,06,07)
- Nace, MD, Edgar P. (93,98,00,01,02,03,04,05,06,07)
- Ortiz, MD, Lilia M. (98,99,01,02,03,04,05,06,07)
- Parker, MD, Susanna (01,02,04,05,07)
- Pazdral, MD, George (94,02,07)
- Rios, MD, Arturo F. (04,06,07)
- Sargent, MD Charles H. (05,06,07)
- Sawyer, MD, J. Clay (97,98,99,01,02,03,04,05,06,07)
- Schleuse, William and Doris (03,04,05,06,07)
- Schmalstieg, MD, Linda A. (05,06,07)
- Skaggs, Murray and Kathryn (95,96,97,98,99,00,01,02,03,04,05,06,07)
- Young, MD, Patrick G. (06,07)
- Zapalac, Dr. and Mrs. Robert (93,94,95,96,97,01,02,04,05,06,07)

### OTHER DONORS - 2007

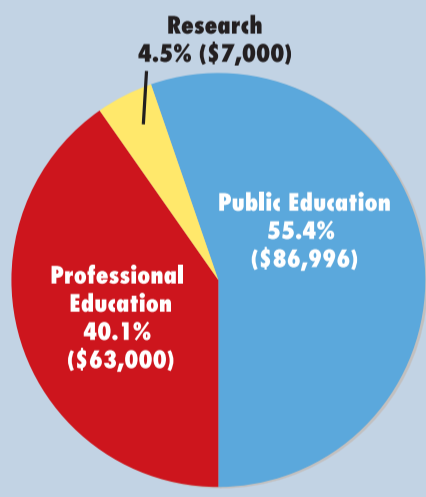
- Amrung, MD, Suchakorn (02,03,04,05,06,07)
- Aviles-Roig, MD, Francisco (96,02,07)
- Childers, MD, Cecil A. (04,05,06,07)
- Dotter, MD, James (99,00,01,02,03,04,05,06,07)
- Elliott, III, MD, Boyce (96,97,98,00,03,04,05,06,07)
- Faber, MD, John A. (07)
- Giffen, Col. and Mrs. Martin B. (99,02,03,04,06,07)
- Gutierrez, MD, Jose A. (95,96,99,00,01,02,04,05,06,07)
- Holden, MD, Patrick (06,07)
- Jeffreys, MD, Matt (96,97,99,00,01,02,03,04,06,07)
- Jones, Mitchell, MD (93,94,98,99,02,03,04,05,06,07)
- Korenman, MD, Philip (93,00,02,04,06,07)
- Ledoux, MD, Louan (07)
- Lineback, MD, Wilbur G. (97,05,07)
- Lusby, MD, Stacia W. (07)
- Mathews, MD, Pamela A. (07)
- Meyer, Dr. & Mrs. George (94,95,97,04,05,07)
- Patel, MD, Rajeshkumar (01,02,03,04,05,06,07)
- Ponder, MD, Stewart M. (01,03,06,07)
- Swinney, Jim and Sarah (99,00,01,02,03,04,05,06,07)
- Terrell, MD, Clark C. (93,96,00,03,04,06,07)

Annual Campaign 2008 will be launched this Fall. Please make plans to support your Foundation so that our good work can continue. ■

### Foundation Grants

Through March, 2008, the Foundation has awarded 99 grants amounting to \$156,696 supporting the following purposes of the Foundation:

- Public Education/Advocacy - 56%;
- Professional Education - 40%; and
- Research - 4%.



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# Shame on You

William H. Reid, MD, MPH, President, Texas Society of Psychiatric Physicians



William H. Reid, MD, MPH

**N**o, not you, if you're a TSPP member. The rest of you: you know who you are. You're Texas psychiatrists, often well-meaning and otherwise nice folks, who reap lots of the professional benefits of TSPP without spending a penny to help cover the substantial costs of maintaining an organization that works tirelessly to:

- Protect your practice and your patients from *ill-conceived government intervention, draconian rules, and unqualified clinician-interlopers.*
- Keep important treatments available to Texas patients, public and private, and maintain the *clinical flexibility* that psychiatrists need in order to offer and implement them to best effect.
- Protect your patients and others from *inadequately trained or experienced non-physicians* who want to prescribe, admit patients, and generally foist likely inadequate care onto the public.
- Protect *your license and your ability to practice* from unfair restriction by state agencies.
- Fight for your *fair and prompt compensation* from government, clinical employers, and insurance payors.
- Increase *access* for your patients (and thousands more you never see) to quality psychiatric care.
- Maintain and effectively use an incredible system of *legislative lobbying and other government influence* for the good of patients, psychiatrists, and clinical care.
- Speak to government, the news media, and private fora with one voice, the voice of Texas psychiatry, on issues of critical importance to psychiatrists, their patients, and others who desperately need our care.
- Work closely with the rest of the House of Medicine — TMA, APA, AMA, other specialty societies, and their local and regional

- chapters — to coordinate our efforts on behalf of physicians and patients, and maximize our (your) strength.
- Offer the only *statewide professional forum* in which individual psychiatrists can actually see the results of their comments, complaints, and criticisms about all of the topics listed here (and more), and participate in specific actions to get things done for patients and clinicians.
- Endorse *and practice* its published objectives of promoting the best interests of patients, advancing standards of psychiatric services, fostering cooperation from others in the service of those with mental illness, disseminating psychiatric knowledge, and assisting the American Psychiatric Association in its objectives.
- Endorse *and practice* its published core values of advocacy, education, service and fellowship.

for the TSPP services you enjoy?

I'm being polite about this. I'm controlling myself, even though I'm not running for anything and I can stand a few disgruntled emails generated by my comments. I'm stopping short of calling anyone a "dead-beat," and I haven't once used the term "parasite." We all know that some non-members have acceptable reasons for not joining TSPP, but I just don't buy that argument for most Texas psychiatrists.

Yes, membership in TSPP requires membership in APA. *APA does many, many important things for you and your patients, too.* It's a bigger organization, representing psychiatrists in all parts of the country, so there are naturally a few things on which you and I and APA disagree. But on balance, we need what APA does, and TSPP is a part of that.

A significant increase in TSPP membership is absolutely necessary to keep us going *and to keep us strong.* No matter where or how you practice — public, academic, private, military, trainee, early-career, mid-career, seasoned citizen, inpatient, outpatient, consultation, general, child, adolescent, geriatric, psychotherapy, psychoanalysis, psychopharmacology, urban, rural — and no matter how you make your living — salary, third party, cash-on-the-barrelhead, or (God bless you) uncompensated volunteer — *the last thing you should want is a weak TSPP.* Without your membership, we're all in danger. How about a little help? ■

TSPP is doing all of these as best it can with very limited resources. We can't hope to keep up the current pace without more support from the *over 1000 nonmember Texas psychiatrists* who are getting a free ride (and a few current members who are late in paying their dues). I'm not asking you for your time right now; level of participation is a more personal decision, and we have a great (if small) staff and a core of extraordinary volunteers. I'm asking for your dues, your membership, so that others (and you if you wish) can carry on this vital work from which you and your patients benefit every day.

For the first time in over 50 years, *only about half of Texas psychiatrists are TSPP members.* Texas is known for its independent thinkers, and sometimes it feels good to flex a little maverick muscle, but having only 50% of the psychiatrists in the State shoulder the financial burden for everyone else is a very bad thing. Think about it: you don't like having to pay taxes to support people who should be paying taxes. Then why choose to be one of the "non-taxpayers" who watch other people pay the bills

## Scenes from the TSPP Spring Meeting



APA Speaker Jeffrey Akaka, MD (left) visits with TSPP President, Bill Reid, MD.



Lauren Parsons, MD, incoming Chairman of the Federation, expresses appreciation to Gary Etter, MD for his leadership as Federation Chairman during 2007-08.



John Rush, MD delivers his program during the CME dinner.



TSPP Officers installed for service during 2008-09: George Santos, MD (President-Elect); Martha Leatherman, MD (President); and Richard Noel, MD (Secretary-Treasurer).

## TSPP Executive Council Actions...

The TSPP Executive Council met on April 6, 2008 and approved the following action items:

- ★ **The Academic Psychiatry Committee** recommended that TSPP pilot test a board prep session for residents and recent training program graduates at the November TSPP Annual Convention and Scientific Program. The format of the session will be an overview of the vignette examination, followed by role play activity of 2 vignettes, each followed by a facilitated group discussion.
- ★ **The Children and Adolescent Committee** recommended that each TSPP Chapter identify one or more psychiatrists to coordinate and develop ideas for community consultation with primary care providers. Names are to be submitted to TSPP and referred to the Children and Adolescents Committee for implementation of the program.
- ★ **The Finance Committee** recommended that TSPP continue to offer "transition to practice" seminars for residents to be conducted regionally at residency programs and/or during TSPP's Annual Convention and Scientific Program.
- ★ **The Finance Committee** recommended the change in status of a member to Temporary Inactive.
- ★ **The Finance Committee** recommended an operating budget for fiscal year 2008-09.
- ★ **The Forensic Psychiatry Committee** recommended that TSPP support an Amicus Brief in Maryland Board of Physicians v. Harold I. Eist.
- ★ **The Nominating Committee** recommended the following members to receive TSPP Awards during TSPP's Annual Convention in San Antonio in November: Distinguished Service Award - Joseph Black, MD (Vernon) and Gary Etter, MD (Fort Worth); Psychiatric Excellence Award - Glen Gabbard, MD (Houston) and George Santos, MD (Houston).
- ★ **The Public Mental Health Services Committee** recommended supporting two Resolutions to be submitted to the Texas Medical Association by the Dallas County Medical Society, as follows: Supporting State Funding of Mental Hospital Psychiatry Residency Training and Opposing Transformation of Clinical Practice Guidelines into Mandates.
- ★ **The Strategic Planning Committee** recommended adoption of a revised Strategic Plan, including a Mission Statement, Objectives, Short-term Priorities and Councils organized by the core values of membership: Advocacy, Education, Service, Fellowship and Organization.
- ★ **The Strategic Planning Committee** recommended endorsing a proposed new Mission Statement for the APA: "American Psychiatric Association...Helping Psychiatrists provide the highest quality of care."

### Medical Malpractice Insurance

*Are you paying too much?*

The **Federation of Texas Psychiatry** in cooperation with **Cunningham Group** is offering Texas psychiatrists free premium indications. Prices have come down during the past year — one insurer dropped its rates 48 percent.

Let Cunningham Group shop the market for you and reduce your premium.

Go to the Cunningham website ([www.cg-ins.com](http://www.cg-ins.com)) and complete the Medical Malpractice Premium Indication Short Form to receive your premium indication.

**Cunningham Group**

Professional Liability Insurance Services  
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# From the Federation...

Gary L. Etter, MD, Chairman, Federation of Texas Psychiatry



Gary L. Etter, MD

**B**y the time that you read this we will have selected new officers for the Federation for fiscal year 2008-2009. I am happy to announce that the following have agreed to serve for the coming year: Chairman: Lauren Parsons, MD (Texas Academy of Psychiatry); Vice-Chair for Education: Steven Pliszka, MD (Texas Society of Child and Adolescent Psychiatry); Vice-Chair for Public Policy: Les Secrest, MD (Texas Society of Psychiatric Physicians); and Secretary-Treasurer: Richard Noel, MD (Texas Society of Psychiatric Physicians). The Nominating Committee always strives to have all voting member organizations represented in the leadership of the Federation. I believe that the Federation will be in good hands for the next year.

## Tort Reform

You just thought that the tort reform issue was resolved. This issue was summarized by Roger Detrich, Director of the Cunningham Group in our Federation Delegate Assembly Meeting, and in Dr. Howard Marcus' luncheon presentation at the TSPP Spring Meeting held April 4-6. Prior to 2003, the year that tort reform was passed, the number of companies issuing policies in Texas had dropped to four. In 2003, the Texas Legislature passed liability reforms including a \$250,000 cap on non-economic damages assessed against physicians in a liability judgment. It is important to emphasize that the cap only applied to non-economic damages, or what is commonly referred to as "pain and suffering" damages. The plaintiff still has the ability to recover economic damages related to medical expenses and lost income. Now we have over twenty companies issuing policies in Texas, and premiums on average have been cut more than 25%.

TMA cites several changes before and after tort reform. After having experienced a net loss of 14 obstetricians from 2001 to 2003, Texas experienced a net gain of 186 obstetricians. Texas experienced a net loss of 9 orthopedic surgeons from 2000 to 2003. Since reform, the state experienced a net

gain of 156 orthopedic surgeons, and a net gain of 26 neurosurgeons including one each in the medically underserved communities of Corpus Christi and Beaumont. TMA also notes that Texas licensed a record 3,324 new doctors in 2007, 808 more than the previous year.

The challenge now is coming by the way of several lawsuits challenging the constitutionality of the cap. The most high-profile case being that of former Dallas Cowboy running back, Ron Springs. All individual members of the Federation's organizations need to contact members of the Texas Legislature, develop relationships with your local legislators, and vote in court elections when judges run for office. TMA also has a presentation on the TMA web site [www.texmed.org](http://www.texmed.org) titled "The Texas Tort Reform Story" which can be downloaded and used by physicians in speaking to physician groups. The message we have to repeat is that all of Texas and Texans have benefitted from tort reform. The savings on liability insurance premiums have allowed for establishment of practices in rural areas, expansion of subspecialty practices, and trauma care to underserved areas. The strength that we have achieved through the reorganization of psychiatry in Texas under the Federation of Texas Psychiatry allows us to effectively defend this challenge to the provision of medical care. But it takes every one of us making the commitment to become involved and to speak up.

## Education

I wanted to remind all of our members of the upcoming educational conferences of the various organizations of the Federation.

The Texas Medical Association Annual Meeting, TexMed 2008, will be held May 2-3 at the Hyatt Regency Hotel in San Antonio. Dr. Martha Leatherman, current TSPP President, has organized a very interesting and informative Section on Psychiatry program related to issues of capacity and undue influence with respect to geriatric patients. This should be of interest not only

to psychiatrists, but other specialists as well, particularly primary care physicians. I would encourage members to inform their psychiatric as well as non-psychiatric colleagues of this program which will be held on Friday, May 2.

The Texas Osteopathic Medical Association will hold their annual meeting on June 18-22 at the Intercontinental Hotel in Addison, Texas.

The Texas Society of Child and Adolescent Psychiatry will hold their Summer Conference and Scientific Program, "Evaluation and Treatment of Disorders of Early Development" July 18-20 at the Westin La Cantera Resort in San Antonio. Their meetings have been very well attended and have received very positive comments and reviews.

Finally the year will conclude with our TSPP Annual Convention and Scientific Program to be held this year November 21-23 at the Westin La Cantera Resort in San Antonio. The Resort is very family friendly and offers some of the best golf courses around. It certainly is a great location to allow our members to experience the core value of "fellowship" in TSPP.

The TSPP Annual Meeting, the TSCAP Summer Conference, and to some degree, the TMA Section on Psychiatry, would not

be possible without the help of John Bush and Debbie Sundberg as well as members who have given their time to either serve on the CME Committee or to serve as program chairs. The reorganization under the Federation has allowed the Executive Staff to more efficiently and effectively plan and implement these meetings resulting in excellent CME programs.

Finally, I again thank you for allowing me to serve this past year as your Chair of the Federation. Obviously, challenges to our profession and our specialty continue to come forward, but I am thankful that we have excellent organizations in place in our State to fight these challenges, to protect our profession, to protect our patients, and to provide opportunities for quality education and fellowship for our members. I look forward to continuing to serve as a member, and invite all of our members to be involved in the organizations of our Federation: TSPP, TSCAP, TMA, and TOMA. ■

## MEMBERSHIP CHANGES

### TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

The following membership applications have been approved by the TSPP Executive Committee and have been transmitted to the APA.

#### Member in Training

Davis, Alana, MD, Houston  
Krolls, Tanya, MD, Houston  
Quadri, Syed, MD, El Paso  
Shah Jheel, MD, Dallas

Sheehan, Tim, MD, Austin  
Thode, Kristin, MD, San Antonio  
Yen, Jennifer, MD, Houston

#### General Member

Gupta, Shyam, MD, Dallas  
Holt, Jessica, MD, Houston

Patel, Tushar, MD, El Paso  
Shad, Mujeeb, MD, Irving

### TEXAS ACADEMY OF PSYCHIATRY

#### New Members

Hayes, Shelley, MD, New Braunfels

Johnson, Shannon, MD, Richardson

## Psychiatrist for UTHSC San Antonio

The Department of Psychiatry of The University of Texas Health Science Center at San Antonio is seeking a board certified or board eligible academic psychiatrist for a full time position as Director of the Psychiatric Emergency Service (PES). This is a mid to senior level leadership position and includes a combination of administration and program leadership, direct clinical care, supervision of medical students, residents, staff, and faculty. The successful candidate will be an entrepreneurial, energetic, hard-working physician with excellent communication and leadership skills and a working knowledge of the interface between academic and public and community mental health systems. A unique opportunity exists for the development of a more coordinated acute care/crisis management system within Bexar County and it is expected that the Director of the PES will represent the academic health center in the development of this system. Academic rank, compensation, and appointment to tenure or non-tenure tracks will be commensurate with qualifications. The Department has strong educational, research and clinical programs in an attractive, culturally rich city situated on the edge of the Texas Hill Country, with a pleasant climate, an excellent public school system and abundant recreational activities.

Interested individuals should forward their curriculum vitae to Pedro L. Delgado, M.D., Professor and Chairman, Department of Psychiatry, Mail Code 7792, The University of Texas Health Science Center at San Antonio, 7703 Floyd Curl Drive, San Antonio TX 78229-3900, phone 210-567-5391, FAX 210-567-6941. The University of Texas Health Science Center at San Antonio is an Equal Employment Opportunity/Affirmative Action Employer. All faculty appointments are designated as security sensitive positions.

## Neuropsychiatry Medical Student Clerkship Director

The Department of Neuropsychiatry and Behavioral Science at Texas Tech University Health Sciences Center in Lubbock, Texas, seeks a qualified psychiatrist to assume responsibility for its clinical education programs for medical students. The position is primarily ambulatory, and does not necessarily require an academic scholarly background. The successful candidate should have a demonstrated interest in clinical teaching, and excellent skills in the practice of Psychiatry. Inquiries are welcome from persons of all backgrounds, and levels of experience in Psychiatry.

**Randolph B. Schiffer, M.D.**

**Chair, Department of Neuropsychiatry  
and Behavioral Science**

**Texas Tech University Health Sciences Center  
3601 4th Street, Lubbock, Texas 79430**

**Tel: 806-743-2249**

**EMAIL: [Randolph.Schiffer@ttuhsc.edu](mailto:Randolph.Schiffer@ttuhsc.edu)**



# TEXAS SOCIETY OF CHILD AND ADOLESCENT PSYCHIATRY 2008 SUMMER CONFERENCE AND SCIENTIFIC PROGRAM

## “Evaluation And Treatment Of Disorders Of Early Development”

July 18-20, 2008 • Westin La Cantera Resort • 16641 La Cantera Parkway • San Antonio, Texas

Joint Sponsored by TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS and TEXAS SOCIETY OF CHILD AND ADOLESCENT PSYCHIATRY

### GENERAL INFORMATION

#### LOCATION / HOTEL RESERVATIONS

All events will take place at The Westin La Cantera Resort, 16641 La Cantera Parkway, San Antonio, Texas, 210/558-6500. A special TSCAP discounted room rate of \$179 single or double occupancy is available to TSCAP program registrants before June 17, 2008 or upon sell-out whichever occurs first. Make your reservation today by calling 1-800-228-3000.

Nestled atop one of the highest points in all of San Antonio, The Westin La Cantera Resort offers breathtaking views of downtown and the beautiful Texas Hill Country. Built on the site of an abandoned limestone rock quarry – la cantera in Spanish – the resort’s intimate

setting seems like it’s a world away. The hilltop retreat combines the best of golf and the best of luxury. With six pools, health club and spa services, a newly renovated 7600 square foot Westin Workout powered by Reebok fitness center, tennis courts, unique dining options, a kids club, three hot tubs, the resort offers something for everyone. Not to mention, the adjacent 1.3 million square foot shopping destination, The Shops at La Cantera and Six Flags Fiesta Texas Theme Park!



#### OPENING WELCOME RECEPTION WITH EXHIBITORS

A Special Welcome Reception for all TSCAP attendees and their guests has been planned to kick off the weekend’s meeting and activities. The reception will be held Friday, July 18, 6:30 pm - 8:00 pm, in the San Antonio Ballroom G of the Westin La Cantera Resort.

#### ANNUAL BUSINESS MEETING BREAKFAST

The Annual TSCAP Business Meeting will be held Sunday, 8:00 am - 9:00 am in the San Antonio Ballroom G of the Westin La

Cantera Resort. All members are encouraged to RSVP and attend.

#### EXHIBITS

TSCAP’s Welcome Reception, Continental Breakfasts and Refreshment Breaks will be held in San Antonio Ballroom G of the La Cantera Resort. Please make plans on visiting with the exhibitors during the following hours: Friday, 6:30-8:00 pm w/Welcome Reception; Saturday 7:15-8:10 am Continental Breakfast; 10:30-10:50 am Refreshment Break; 2:15-2:30 pm Refreshment Break and 3:30-4:30 pm Afternoon Fiesta Reception. ■

### PROGRAM AT A GLANCE

#### FRIDAY, JULY 18

1:00 pm - 5:30 pm Exhibit Set Up .....San Antonio G  
6:30 pm - 8:00 pm Welcome Reception w/ Exhibitors .....San Antonio G

#### SATURDAY, JULY 19

7:15 am - 6:15 pm Exhibits .....San Antonio G  
7:30 am - 8:10 am Continental Breakfast w/Exhibitors .....San Antonio G  
8:15 am - 3:45 pm **SCIENTIFIC PROGRAM: “EVALUATION AND TREATMENT OF DISORDERS OF EARLY DEVELOPMENT”** .....San Antonio HI  
8:15 am - 8:30 am Welcome  
8:30 am - 10:30 am Genetics in Family Studies of Autism  
*Richard D. Todd, MD*  
10:30 am - 10:50 am Refreshment Break w/Exhibitors .....San Antonio G  
10:50 am - 11:50 am Assessment Tools for Early Diagnosis of Autism  
*Louise O'Donnell, PhD*  
11:50 am - 12:00 pm Break/ Box Lunch Set-up in .....San Antonio HI  
12:15 pm - 2:15 pm Helping Parents of a Child with Autism to Develop a Multidisciplinary Treatment Plan  
*Alice Mao, MD, Houston, TX*  
2:15 pm - 2:30 pm Refreshment Break w/ Exhibitors .....San Antonio G  
2:30 pm - 3:30 pm Psychopharmacology of ADHD in Special Populations  
*Steven R. Pliszka, MD*  
3:30 pm - 4:30 pm Afternoon Fiesta Reception w/ Exhibitors .....San Antonio G  
7:00 pm TSCAP Executive Committee Dinner Meeting

#### SUNDAY, JULY 20

8:00 am - 9:00 am TSCAP Annual Business Meeting Breakfast .....San Antonio G  
9:00 am - 12:30 pm **SCIENTIFIC PROGRAM: “EVALUATION AND TREATMENT OF DISORDERS OF EARLY DEVELOPMENT”** .....San Antonio HI  
9:00 am - 9:15 am Welcome  
9:15 am - 10:15 am Ethical Considerations in the Treatment of Young Children with Medications  
*Graham J. Emslie, MD*  
10:15 am - 10:30 am Refreshment Break .....Foyer, San Antonio HI  
10:30 am - 11:30 am Case Presentation: Multi-Disciplinary Treatment Decisions in the Treatment of a Young Child  
*Lindy K. Bankes, MD*  
11:30 am - 12:30 pm Panel Discussion: Legal and Ethical Considerations in the Use of Medications and Treatment of Young Children  
*Emilie Becker, MD, Graham J. Emslie, MD and Deborah C. Hiser, JD*

### SCIENTIFIC PROGRAM

#### CONTINUING MEDICAL EDUCATION ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Texas Medical Association (TMA) through the Joint Sponsorship of the Texas Society of Psychiatric Physicians and the Texas Society of Child and Adolescent Psychiatry. The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Texas Society of Psychiatric Physicians designates this educational activity for a maximum of nine (9) AMA PRA Category 1 Credits<sup>SM</sup>.

Participants should only claim credit commensurate with the extent of their participation in the activity.

The presentations “Ethical Considerations in the Treatment of Young Children with Medications” Case Presentation: Multi-Disciplinary Treatment Decisions in the Treatment of a Young Child” and “Panel Discussion: Legal and Ethical Considerations in the Use of Medications and Treatment of Young Children” have been designated by the Texas Society of Psychiatric Physicians for three (3) hours of education in medical ethics and/or professional responsibility.

#### TARGET AUDIENCE / PROGRAM GOALS & OBJECTIVES

The primary target audience of the program consists of Child and Adolescent Psychiatrists, General Psychiatrists and other specialties of medicine with the objective of addressing quality improvement in clinical outcomes for patients served by the physicians in the State of Texas. This continuing medical education activity will be presented in a classroom style format, with didactic lectures supplemented with audiovisual presentations, case presentations and question and answer discussions.

#### At the conclusion of the program attendees will be able to:

- Understand issues related to family studies of autism and utilize available tools for the diagnosis of autism.
- Identify psychopharmacological options for the treatment of ADHD in special child and adolescent populations.
- Evaluate ethical considerations in the psychopharmacological treatment of young children.
- Understand the developmental and ethical considerations related to preschool psychopharmacological treatment.
- Recognize that current empirical data on psychopharmacological treatments are limited in the preschool age group.
- Understand the risk-benefit ratio of treating preschoolers with psychiatric disorders.
- Discuss biopsychosocial decisions when assessing and treating young children.
- Be informed about legal and ethical considerations when using psychotropic medications to treat young children.
- Reference research and understand the impact on parents of having a child with autism.
- Discuss biological, psychological and social interventions to improve outcomes for children with autism.

#### SCIENTIFIC PROGRAM SPEAKERS

##### Lindy K. Bankes, M.D.

Resident, The University of Texas Health Science Center at San Antonio  
San Antonio, TX

##### Emilie Becker, M.D.

Psychiatrist with Mental Health Substance Abuse Division, Department of State Health Services, Austin, TX

##### Graham J. Emslie, M.D.

Charles E. and Sarah M. Seay Chair in Child Psychiatry; Professor of Psychiatry, UT Southwestern Medical Center, Dallas, TX

##### Deborah C. Hiser, J.D., MSW, BA

Of Counsel - Brown McCarroll, L.L.P. Legal practice emphasizing healthcare policy, peer review, medical staff matters and regulatory compliance for medical groups. Former Associate, Hilgers & Watkins, P.C.; Senior Attorney, Advocacy Incorporated; Attorney, Texas Department of Mental Health & Mental Retardation; Adjunct Professor, UT School of Social Work  
Austin, TX

##### Alice R. Mao, M.D.

Associate Professor of Psychiatry, Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine, Houston, TX

##### Louise O'Donnell, Ph.D

Assistant Professor, Division of Genetics and Metabolic Disorders, Dept of Pediatrics, The University of Texas Health Science Center at San Antonio, San Antonio, TX

##### Steven R. Pliszka, M.D.

Professor and Vice Chair; Chief, Division of Child and Adolescent Psychiatry, Department of Psychiatry, University of Texas Health Science Center at San Antonio, San Antonio, TX

##### Richard D. Todd, M.D.

Blanche F. Ittleson Professor of Psychiatry, Division Chief, Child Psychiatry, Professor, Genetics, Washington University School of Medicine, St. Louis, MO



# Invitation to Attend TSCAP's Summer Conference

Benigno J. Fernandez, MD, President, Texas Society of Child and Adolescent Psychiatry



Benigno J. Fernandez, MD

I am excited to invite you to attend the 2008 Summer Conference of the Texas Society of Child and Adolescent Psychiatry: Evaluation and Treatment of Disorders of Early Development, designated for a maximum of nine AMA PRA Category 1 Credits™. This conference will take place on July 18-20, 2008 at the Westin La Cantera Resort in San Antonio. The hotel is adjacent to Six Flags Fiesta Texas and The Shops at La Cantera, and offers a spa, two 18-hole championship golf courses, tennis courts, jogging and walking trails, and five outdoor pools. The hotel is also in close proximity to SeaWorld, and a newer strip of restaurants and shops on Loop 1604 between Interstate Hwy. 10 and US Hwy. 281 N. If you would

rather experience old-world San Antonio, downtown is only about 25 minutes away.

To kickoff the weekend's meetings and activities, an evening reception will be held on Friday, July 18. The educational program will begin on Saturday, July 19, in the morning and end with an afternoon Fiesta reception; and will continue on Sunday, July 20, following the breakfast business meeting. Our guest speaker, Richard D. Todd, MD (Blanche F. Ittleson Professor of Psychiatry, Director of the William Greenleaf Eliot Division of Child Psychiatry, and Professor of Genetics at the Washington University School of Medicine in St. Louis) will discuss Genetics in Family Studies of Autism.

Alice R. Mao, MD (Associate Professor of Psychiatry at the Menninger Department of Psychiatry and Behavioral Health Sciences, Baylor College of Medicine) will review ways to help parents of a child with Autism to develop a multidisciplinary treatment plan. Steven R. Pliszka, MD (Deputy Chairman and Chief of the Division of Child Psychiatry at The University of Texas Health Science Center at San Antonio) will examine the psychopharmacology of ADHD in special populations. Graham J. Emslie, MD (Charles E. and Sarah M. Seay Chair in Child Psychiatry, and Professor of Psychiatry, The University of Texas Southwestern Medical Center at Dallas) will review ethical considerations in the treat-

ment of young children with medications. This conference will also feature assessment tools for early diagnosis of Autism, a case presentation, and a panel discussion about the legal considerations in the use of medications and treatment of young children.

Please complete the conference registration and make your hotel reservations as soon as possible. I hope to see you in San Antonio! ■



## Texas Society of Child and Adolescent Psychiatry Summer Meeting and Scientific Program

### "Evaluation And Treatment Of Disorders Of Early Development"

July 18-20, 2008 • Westin La Cantera Resort • 16641 La Cantera Parkway • San Antonio, Texas

#### REGISTRATION

NAME	DEGREE		
MAILING ADDRESS	CITY	STATE	ZIP
TELEPHONE NUMBER	FAX NUMBER		
E-MAIL			

#### SCIENTIFIC PROGRAM REGISTRATION

(includes Scientific Program & Syllabus; Saturday continental breakfast; Saturday & Sunday refreshment breaks and Saturday lunch)

	Before July 3	After July 3	
TSCAP Member Physician	\$195	\$215	_____
Non-Member Physician	\$250	\$270	_____
Allied Health Professional / Spouse / Guest	\$180	\$200	_____
TSCAP Member Trainee / Medical Student	No Fee	\$30	_____
Non-Member Trainee / Medical Student	\$30	\$50	_____

#### SOCIAL EVENTS

Friday Welcome Reception

Friday Welcome Reception

Names Attending Reception: \_\_\_\_\_

Saturday Afternoon Reception

Names Attending Reception: \_\_\_\_\_

Sunday Membership Breakfast Meeting - No Charge for TSCAP Members

Sunday Annual Membership

Breakfast Meeting - Guests \$20 \$30



If you require any special assistance to fully participate in this conference, please contact TSCAP via e-mail tscapofc@aol.com or 512/478-0605.

TOTAL REGISTRATION

#### PAYMENT INFORMATION

Check in the Amount of \$\_\_\_\_\_ Make Checks Payable to Texas Society of Child and Adolescent Psychiatry

Please Charge \$\_\_\_\_\_ To My:  VISA  MasterCard  American Express

Credit Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

3 Digit Code on Back of Card on Right of Signature Panel \_\_\_\_\_

Name of Cardholder (as it appears on card) \_\_\_\_\_

Signature \_\_\_\_\_

Address where you receive your credit card statement (include address, city, state, zip) \_\_\_\_\_

**CANCELLATIONS – Deadline for cancellation is July 3, 2008. In the event of cancellation, a full refund will be made if written notice is received in the TSCAP office by July 3, 2008, less a 25% handling charge. NO REFUNDS WILL BE GIVEN AFTER JULY 3, 2008.**

#### RETURN TO:

TEXAS SOCIETY OF CHILD AND ADOLESCENT PSYCHIATRY, 401 WEST 15TH STREET, SUITE #675, AUSTIN, TX 78701; PHONE (512) 478-0605 FAX (512) 478-5223

## Congratulations...

Simardeep Mann, MD (Dallas) was elected Chairman of the TSPP MIT Section for FY 2008-09 and Ariel Vitali, MD (Lubbock) was elected Vice Chairman.

TSPP Officers installed for FY 2008-09 during TSPP's Executive Council meeting on April 6 included: President - **Martha Leatherman, MD** (San Antonio); President-Elect - **George Santos, MD** (Houston); and Secretary-Treasurer - **Richard Noel, MD** (Houston).

Members elected to serve as Officers of the Texas Foundation for Psychiatric Education and Research for FY 2008-09 include: Chairman - **Linda Rhodes, MD** (San Antonio); Vice Chairman - **Mohsen Mirabi, MD** (Houston); Treasurer - **Arthur Farley, MD** (Houston/Austin); and Secretary - **Miriam Feaster** (Friendswood).

**Stuart Crane, MD** (Alpine) was installed as President of the Texas Academy of Psychiatry for FY 2008-09. Nominees for other elective positions for FY 2008-09 include: President-Elect - **Arthur Farley, MD** (Houston/Austin) and Secretary-Treasurer - **Janet True, MD** (Kerrville).

The Delegate Assembly of the Federation of Texas Psychiatry elected Officers for FY 2008-09 as follows: Chairman - **Lauren Parsons, MD** (Wichita Falls); VC for Education - **Steven Pliszka, MD** (San Antonio); VC for Public Policy - **Les Secret, MD** (Dallas); and Secretary-Treasurer - **Richard Noel, MD** (Houston).

TSPP members elected to receive TSPP Awards in November 2008 include: Distinguished Service Award - **Joseph Black, MD** (Vernon) and **Gary Etter, MD** (Fort Worth); Psychiatric Excellence Award - **Glen Gabbard, MD** (Houston) and **George Santos, MD** (Houston). ■

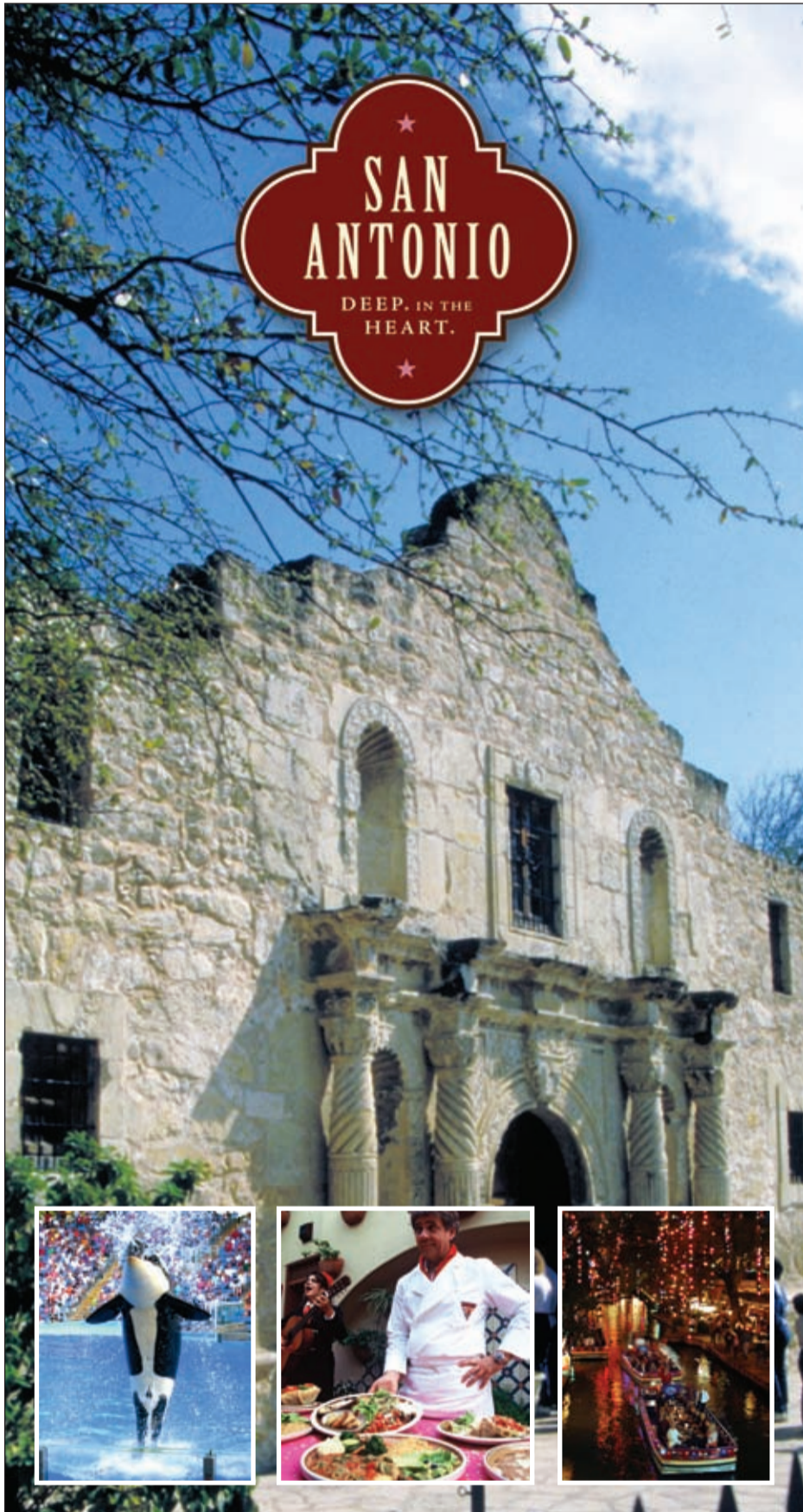
#### In Memoriam...

**Roy H. Fanoni, MD**, Dallas  
**D. Robert Fowler, MD**, Dallas  
**Tynus W. McNeel, MD**, Tyler

# Annual Convention & Scientific Program

## “Improving Psychiatric Care and Enhancing Patient Outcomes”

November 20-23, 2008 • Westin La Cantera Resort • San Antonio, Texas



### HOTEL RESERVATIONS

TSPP's 52nd Annual Convention will be held at the Westin La Cantera Resort, 16641 La Cantera Parkway, San Antonio, Texas, 210/558-6500. A special TSPP discounted room rate of \$159 is available to TSPP program registrants before October 21, 2008 or upon sell-out whichever occurs first. Make your reservation today by calling 1-800-228-3000.



Nestled atop one of the highest points in all of San Antonio, The Westin La Cantera Resort offers breathtaking views of downtown and the beautiful Texas Hill Country. Built on the site of an abandoned limestone rock quarry - la cantera in Spanish - the resort's intimate setting seems like it's a world away. The hilltop retreat combines the best of golf and the best of luxury. With six pools, health club and spa services, a newly renovated 7600 square foot Westin Workout powered by Reebok fitness center, tennis courts, unique dining options, a kids club, three hot tubs and offers something for everyone. Not to mention, the adjacent 1.3 million square foot shopping destination, The Shops at La Cantera and Six Flags Fiesta Texas Theme Park!

### THURSDAY GOLF OUTING



Polish up on your golf game!! For those convention attendees (and golf enthusiasts) arriving early, discounted green fees have been arranged at the La Cantera championship golf course. If you are interested in playing, please be sure to check the Golf section of the TSPP registration form.

### AWARDS RECEPTION / BANQUET AND EVENING OF ENTERTAINMENT

Saturday evening's festivities begin with a complimentary wine & cheese reception before the banquet honoring the 2008 TSPP Award Recipients for their outstanding contributions to Psychiatry. The banquet will be followed by an evening of entertainment! Register early to reserve a table for your organization and/or friends! Black Tie optional. This year's honorees include:

#### Distinguished Service Award

Joseph L. Black, MD  
Vernon

#### Distinguished Service Award

Gary L. Etter, MD  
Fort Worth

#### Psychiatric Excellence Award

Glen O. Gabbard, MD  
Houston

#### Psychiatric Excellence Award

George D. Santos, MD  
Houston

### MEETING REGISTRATION

Visit the website [www.txpsych.org](http://www.txpsych.org) for  
TSPP / TAP's Special Discounted Meeting Registration Fees  
for this year's convention.

*The earlier you register, the greater the savings!*

## DAILY SCHEDULE

### Thursday, November 20

12:00 pm Golf Outing at LaCantera Resort Golf Course  
7:30 pm Federation Delegate Assembly Reception & Meeting

### Friday, November 21

7:30 am - 7:00 pm Registration Open  
7:30 am - 9:00 am Foundation Board of Directors Breakfast Meeting  
8:00 am - 5:00 pm Committee Meetings  
12:00 pm - 5:30 pm Exhibit Set-Up  
12:00 pm - 1:30 pm Membership Luncheon  
5:00 pm - 6:30 pm Executive Council Meeting  
6:30 pm - 8:30 pm Welcome Reception w/Exhibitors

### Saturday, November 22

7:00 am - 7:45 am Complimentary Continental Breakfast for Meeting Registrants  
7:00 am - 7:00 pm Registration  
7:00 am - 6:00 pm Exhibits  
8:00 am - 5:35 pm SCIENTIFIC PROGRAM  
8:00 am - 8:15 am Welcome and Introductions  
8:15 am - 10:15 am Current Issues in the Evaluation & Treatment of Dementia  
*Kevin F. Gray, M.D., Dallas, TX*  
10:15 am - 10:30 am Refreshment Break w/Exhibitors / Door Prize Drawings

10:30 am - 12:30 pm Suicide Assessment and Clinical Interviewing  
*Shawn C. Shea, M.D., Hanover, NH*  
12:30 pm - 2:00 pm Annual Business Meeting Lunch  
2:15 pm - 4:15 pm Assessment & Management of the Potentially Violent Patient in Treatment  
*Avrim Fishkind, M.D., Houston, TX*  
4:15 pm - 4:35 pm Refreshment Break w/Exhibitors  
4:35 pm - 5:35 pm Resident Paper Competition Winning Paper  
*To be Determined*  
6:30 pm - 7:00 pm Awards Banquet Reception  
7:00 pm - 10:00 pm Awards Banquet / Dinner & Entertainment

### Sunday, November 23

7:30 am - 1:00 pm Registration  
8:15 am - 12:30 pm SCIENTIFIC PROGRAM  
8:15 am - 8:30 am Welcome  
8:30 am - 9:30 am Metabolic Syndrome and Treating Psychiatric Patients Today  
*Jeffrey M. Zigman, M.D., Dallas, TX*  
9:30 am - 10:30 am Update on Antidepressants: Focus on New Findings of Practical Significance to Clinicians Which Influence Patient Care  
*Pedro L. Delgado, M.D., San Antonio, TX*  
10:30 am - 12:30 pm Antidepressant Controversies: Legal & Ethical Issues, Suicidality and Birth Defects  
*Christopher B. Ticknor, M.D. & Charlotte A. Brauchle, Ph.D*

# SCIENTIFIC PROGRAM

## “Improving Psychiatric Care and Enhancing Patient Outcomes”

### ABOUT THE SPEAKERS

**Charlotte A. Brauchle, Ph.D.**

Counseling psychologist, psychotherapist and Adjunct Professor of Law at Saint Mary's University School of Law, San Antonio, TX

**Pedro L. Delgado, M.D.**

Dielmann Distinguished Chair and Professor and Chairman in the Department of Psychiatry, Associate Dean for Faculty Development & Professionalism, School of Medicine, UT Health Science Center, San Antonio, TX

**Avrim Fishkind, M.D.**

President of the American Association for Emergency Psychiatry, Medical Director of the Crisis Residential Unit at the Comprehensive Psychiatric Emergency Program of Harris County and Chief Medical Officer of JSA Health, Houston, TX

**Kevin F. Gray, M.D.**

Director, Geriatric Neuropsychiatry Clinic, Dallas Veterans Affairs Medical Center; Associate Professor of Psychiatry and Neurology UT Southwestern Medical School, Dallas, TX

**Shawn Christopher Shea, M.D.**

Director, Training Institute for Suicide Assessment and Clinical Interviewing; Adjunct Assistant Professor of Psychiatry, Dartmouth School of Medicine, Hanover, NH

**Christopher B. Ticknor, M.D.**

Associate Clinical Professor of Psychiatry, The University of Texas Health Science Center, San Antonio; Private Practice, Psychiatry, San Antonio; Part II Oral Examiner for the American Board of Psychiatry and Neurology; Team Psychiatrist, The NBA San Antonio Spurs

**Jeffrey M. Zigman, M.D.**

Assistant Professor, Division of Hypothalamic Research and Division of Endocrinology & Metabolism, Department of Internal Medicine, UT Southwestern Medical Center, Dallas, TX

### ACCREDITATION

The Texas Society of Psychiatric Physicians designates this educational activity for a maximum of eleven (11) *AMA PRA Category 1 Credits*<sup>SM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The presentation entitled “Antidepressant Controversies: Legal & Ethical Issues, Suicidality & Birth Defects” has been designated by the Texas Society of Psychiatric Physicians for two (2) hours of education in medical ethics and/or professional responsibility.

### TARGET AUDIENCE / PROGRAM OBJECTIVES

This CME Program is designed in a classroom style format, with didactic lectures supplemented with audiovisual presentations and direct discussion. The program is designed to provide its' primary target audience of Psychiatrists, as well as other specialties of medicine with clinically-relevant information regarding ethics, new developments in treatment and new directions in research to enhance the physicians' knowledge and improve the delivery of quality medical care to patients in their practice.

Upon completion of this program participants should be able to achieve the following objectives, thus improving patient outcomes:

**Describe and explain the current essential components of the assessment and treatment of patients with dementia,**

1. American Psychiatric Association. Practice Guideline for the Treatment of Patients with Alzheimer's Disease and other Dementias, Second Edition. Am J Psychiatry 2007; 164 (Dec suppl): 1-56

**Describe key factors in the evaluation of suicidal thoughts and the prevention of suicide,**

1. Simon GE, Savarina J. Suicide attempts among patients starting depression treatment with medication or psychotherapy. Am J Psychiatry 2007; 164: 1029-34.

**Describe the essential elements of the evaluation and management of potentially violent patients,**

1. McNiel DE, et al. Impact of clinical training on violence risk assessment. Am J Psychiatry 2008; 165: 195-200.

**Describe the clinical decision making process and use of informed consent in prescribing antidepressants,**

1. Diem SJ, et al. Use of antidepressants and rates of hip bone loss in older

women. Arch Intern Med 2007; 167: 1240-1245.

2. Chambers CD, et al. Selective serotonin reuptake inhibitors and the risk of persistent pulmonary hypertension of the newborn. N Engl J Med 2006; 354(6): 579-587.
3. Alwan S, et al. Use of selective serotonin reuptake inhibitors in pregnancy and the risk of birth defects. N Engl J Med 2007; 356(26): 2684-2692.

**Discuss and describe the appropriate treatment planning and informed consent for patients with the metabolic syndrome and those that may be at risk of developing it related to treatment,**

1. Birkenaes AB, et al. The level of cardiovascular risk factors in bipolar disorder equals that of schizophrenia: a comparative study. J Clin Psychiatry 2007; 68:912-23.
2. Nasrallah, HA, Newcomer JW. Atypical antipsychotics and metabolic dysregulation: evaluating the risk/benefit equation and improving the standard of care. J Clin Psychopharmacol 2004; 24(5) Supplement 1: S7-S14, October 2004.



## National Opportunities *without leaving your home!*

### TELEPSYCHIATRY F/T and P/T opportunities

Center for Family Guidance, PC, parent company of CFG Health Systems, LLC is a physician owned and operated behavioral healthcare organization with a team of over 36 psychiatrists.

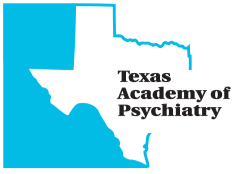
GFG is a pioneer in the implementation of telepsychiatry services improving patient care throughout N.J. and Penn. areas and now going National! Interested physicians licensed in Texas, Contact:

Nancy DeLapo, Director of Staff Development

Phone: (856) 797-4761 Fax: (856) 797-4798

Email: [ndelapo@cfgpc.com](mailto:ndelapo@cfgpc.com)

Web: [cfghealthsystems.com](http://cfghealthsystems.com)



# "Is That All There Is...?"

Lauren D. Parsons, MD, President, Texas Academy of Psychiatry



Lauren D. Parsons, MD

No doubt at one time or another in our career as a psychiatrist, we either have been or will be confronted by someone who does not know the difference between a psychologist and a psychiatrist. With so much in common, the two professions are still separated by our four years of medical school with a subsequent residency.

The corollary to the individual above is the one who thinks all psychiatrists do is "push pills." Unfortunately in many cases, we have done nothing to disavow people of this misconception.

As I write this, I do not intend to debate the obvious question. Rather, I propose to focus on what I consider to be the responsibility we assume when we choose the path of Psychiatry.

I submit it is our duty to not only educate the public about our training and our scope of practice but it is also imperative that we ourselves do not forget that we are physicians first. There is more to being a physician than prescribing pills, or at least I think there should be. Part of being a good physician is being a good listener but it is also being a good detective. Collecting pieces of a puzzle, creating a picture with those pieces, and correcting

problems that prevent that picture from coming clear are all parts of being a good physician.

A seeming trend is for physicians in general to spend less time listening; less time thinking, and the small amount of time they do take with their patients is spent writing prescriptions for an endless stream of individual complaints never synthesizing a single hypothesis. The pressure to see more and more patients in order to cover overhead and make a living is slowly squeezing the lifeblood from the traditional doctor – patient relationship.

We all learned the saying, "When you hear hoof beats think horses, not zebras," during the course of our education. What we seem to have forgotten is that there are Arabians, quarter horses, pintos and mustangs. All have four hooves, a mane, and a tail, but each has unique characteristics by which they can be identified and distinguished, one from the other. The ability to collect a history, perform a physical examination and create a diagnostic impression which accounts for the symptoms at hand thereby providing the foundation for a plan of care are skills we acquire as we progress through our training.

Once we forget that foundation and rel-

egate ourselves to throwing pills at individual symptoms, we narrow our base to the point we are balancing on the razor's edge.

If you complain of the same pain to three different specialists, they will potentially come up with three different diagnoses for your mid-epigastric discomfort; the cardiologist calls it angina, the gastroenterologist says its an ulcer, while the orthopedist believes it is musculoskeletal. The one thing they do have in common is that they are quick to make a diagnosis based on that single symptom and they want to give you a prescription for it.

The prescription has become a transitional object in modern medicine, replacing the therapeutic relationship, the Marcus Welby bedside manner if you will, with something more tangible, but not necessarily more precious.

While pharmaceutical intervention can be an invaluable tool in the practice of medicine, shotgun prescribing can present its own myriad of problems including additive side effects as well as other untoward drug-drug interactions.

As I get older, I find myself more concerned with the standard approach to medicine that is being taken by other members of the profession. I do not want

to wake up some day in the future to a medicine cabinet that has a pill for every symptom but the cure is worse than the disease; no one really knowing what that disease is because history taking and physical exam skills are a dying art and no one possesses the skill set or the time to put the pieces together to complete the picture.

We owe it to our patients to be curious, to ask the difficult questions, to pay attention to the details and get it right. I'm not just talking about the outcomes we strive to achieve, I am focusing on the effort we put into doing the job we chose for ourselves, the part of the occupation which distinguishes us from other mental health professionals, the medical aspects of diagnosis and treatment. ■

## CALENDAR OF MEETINGS

### MAY 2008

- 2-3 Texas Medical Association**  
TexMed 2008  
*"Renew Your Passion for Medicine"*  
Hyatt Regency Hotel  
San Antonio, Texas  
  
Section on Psychiatry  
Friday, May 2  
Decision-making abilities in geriatric patients and the relevance of undue influence and risk management strategies in a practice.

### JUNE 2008

- 18-22 Texas Osteopathic Medical Association and Texas Society of the American College of Osteopathic Family Physicians Joint Convention**  
Intercontinental Hotel  
Addison, Texas

### JULY 2008

- 18-20 Texas Society of Child and Adolescent Psychiatry**  
2008 Summer Conference and Scientific Program  
*"Evaluation and Treatment of Disorders of Early Development"*  
Westin La Cantera Resort  
San Antonio, Texas

### SEPTEMBER 2008

- 5-6 Texas Medical Association**  
Fall Conference  
Hyatt Regency Hotel  
Austin, Texas

### NOVEMBER 2008

- 21-23 Texas Society of Psychiatric Physicians**  
2008 Annual Convention and Scientific Program  
*"Improving Psychiatric Care and Enhancing Patient Outcomes"*  
Westin La Cantera Resort  
San Antonio, Texas

## FEDERATION OF TEXAS PSYCHIATRY

The Federation was established on July 1, 2004 with the following purposes:

- A. to promote the common professional interests of psychiatrists;
- B. to facilitate the coordination of and work in concert with state professional psychiatric associations and state professional subspecialty psychiatric associations, to unify programs that advance public and professional education and advocacy for psychiatry and persons with psychiatric illnesses;
- C. to provide centralized services to state professional psychiatric associations and state professional subspecialty psychiatric associations;
- D. to make psychiatric knowledge available to other practitioners of medicine, to scientists, and to the public; and,
- E. to promote the best interests of patients and those actually or potentially making use of mental health services.

The TEXAS PSYCHIATRIST is published 6 times a year in February, April, June, August, October and December. Members of Federation member organizations are encouraged to submit articles for possible publication. Deadline for submitting copy to the Federation Executive Office is the first day of the publication month. Copy must be edited, acceptable for publication.

Display advertising is available and publication is determined on a case by case basis by the Editorial Board. The Editorial Board reserves the sole right to accept or reject any submitted advertising copy.

### EDITORIAL BOARD

Federation Executive Committee

### MANAGING EDITORS

John R. Bush  
Debbie Sundberg

### Federation of Texas Psychiatry

401 West 15th Street, Suite 675  
Austin, Texas 78701  
(512) 478-0605 / (512) 478-5223 (FAX)  
TxPsychiatry@aol.com (E-mail)  
<http://www.txpsych.org> (website)

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